



# **Crystal Healing: Beginners Guide to 30 Best Healing Crystals to Know and Use for Balance, Clarity and Relaxation**

*Ingrid Sen*

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## **Your Complete Guide to 30 Best Crystals For Healing, Clarity and Balance**

We've all taken note of crystals and various gemstones. They are beautiful and interesting, each one an original. What many of us fail to see when we look at these wonderful crystals is that they have the ability to help us in many ways, including healing, relaxation, and stress relief. In this book you'll gain the knowledge you need to understand all aspects of crystals better, including how to care for them and pick the right ones to help you with any things you may wish to improve in your life, no matter if it is emotional, physical, or spiritual. Through this knowledge we can gain better health, self awareness, and success in the areas of life that are most important to us, whether it be love, relationships, our careers, our health, or a combination of all of those things. A more balanced us will always be a good thing, and crystals can help us achieve that.

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